



## **Prolonged Exposure (PE) Therapy for PTSD**

This Center for Deployment Psychology (CDP) intensive 2-day module provides training in Prolonged Exposure (PE) Therapy, an evidence-based treatment for PTSD described in the manual, *Prolonged Exposure Therapy for PTSD – Therapist Guide*, by Foa et al., 2007. It covers the empirical and theoretical support for PE and reviews the main clinical techniques used in this structured protocol. Step-by-step instructions for conducting PE therapy sessions, including in vivo and imaginal exposure, along with strategies for working with over- and under-engaged patients and other difficult cases, are shared. Videotaped examples of PE cases are used to demonstrate therapist skills. Participants are expected to do role-plays in class to practice PE techniques, and they must attend both days.

**Target Audience:** For behavioral health providers who treat military personnel, veterans, and their families.

**Instructional Level:** Intermediate

### **Learning Objectives:**

Following the training, providers will be able to:

1. Develop a theoretical conceptualization of a client's PTSD symptoms to guide treatment planning.
2. Communicate a rationale for Prolonged Exposure Therapy that builds rapport, improves client motivation, and increases treatment adherence.
3. Determine how common reactions to trauma relate to the symptoms of PTSD and articulate how these reactions impact client functioning.
4. Demonstrate an effective method of breathing that reduces client arousal and promotes distress tolerance.
5. Construct an individualized avoidance hierarchy designed to systematically confront core fears.
6. Implement in vivo exposure to block trauma related avoidance.
7. Facilitate imaginal exposure to reduce the intensity and frequency of PTSD symptoms.
8. Utilize specific skills to manage emotional engagement to increase the effectiveness of imaginal exposure.
9. Structure homework assignments that deepen exposure-based learning and further treatment goals.
10. Distinguish "hot spots" in the trauma memory in order to more efficiently reduce the intensity of associated symptoms.
11. Analyze exposure exercises to facilitate new learning and modify client's unhelpful, trauma-based cognitions.
12. Incorporate new learning to revise unhelpful cognitions that promote avoidance and maintain symptoms.
13. Assess Prolonged Exposure Therapy outcomes using standardized procedures and use assessment data to refine treatment planning.
14. Adapt exposure techniques in a theoretically consistent manner to improve accessibility and clinical outcomes for specific patients.

CDP  
Center for Deployment Psychology





## Agenda

### Day 1

1. Introduction and course overview
2. Body of evidence
3. Theoretical assumptions
4. Who is appropriate for PE?
5. What does a PE therapist do?
6. Session 1: Introducing the treatment
  - a. Overall treatment rationale
  - b. Index trauma/Trauma interview
  - c. Relaxed breathing
7. Session 2: Common reactions/Introducing in vivo exposure[Time permitting]
  - a. Common reactions discussion
  - b. Rationale for in vivo exposure
  - c. Generating in vivo targets
  - d. Developing the SUDS rating scale
  - e. Refining the in vivo hierarchy
  - f. Preparing the client for their first in vivo exposure

### Day 2

1. Session 3: Introducing imaginal exposure.
  - a. Rationale for imaginal exposure
  - b. Implementing imaginal exposure
  - c. Processing
2. Sessions 4-5: Shaping engagement
  - a. Under-engagement
  - b. Over-engagement
  - c. Anger
3. Assessing progress to improve outcome
4. Session 6-7: Introducing hotspots
  - a. Rationale for hotspots
  - b. Identification of hotspots
  - c. Exposure and processing
5. Final Session
  - a. Discontinuing PE: When is PE "done"?
  - b. Final session summary
  - c. Relapse prevention
6. Improving the accessibility of PE

One hour for lunch and two 15-minute breaks each day

11:00 AM - 7:30 minus 1.5 hours = 7 hours per day



## Location Information

---

This training will be held online via Zoom Video Communications.  
Tuesday, March 18<sup>th</sup>, 2020 from 11:00am ET- 7:30pm ET  
Wednesday, March 19<sup>th</sup>, 2020 from 11:00am ET- 7:30pm ET

## Participate

---

### Registration Information:

Participants are able to find registration information for this training on the CDP website: <https://deploymentpsych.org/training>. Registration is done through an event management system CE 21.

Direct registration link:

<https://deploymentpsych.ce21.com/item/prolonged-exposure-pe-therapy-ptsd-zoom-52738>

### Cost/Refunds: Price: \$45

Registration fees will be refunded to participants who send a written cancellation via email to [abowie@deploymentpsych.org](mailto:abowie@deploymentpsych.org), or [cadams@deploymentpsych.org](mailto:cadams@deploymentpsych.org). If cancelled by March 4th, 2020, registrants can receive a full refund. If cancelled by March 11th, 2020, registrants can receive a partial refund for \$22.50. Refunds will not be available for cancellations after 5:00 PM EST, March 11th, 2020. Attendees who do not attend any of the four scheduled open houses will not be available for refunds.

Special Accommodations:

If you require special accommodations due to a disability, please contact Aric Bowie ([abowie@deploymentpsych.org](mailto:abowie@deploymentpsych.org)) 4 weeks prior to the training so that we may provide you with appropriate service.



## Presenters

---

**Jenna Ermold, Ph.D.**, is a clinical psychologist working as the Assistant Director of Online Programs for the Center for Deployment Psychology at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Her responsibilities include developing online training materials for behavioral health clinicians to improve competency in working with military members and their families. She is a graduate of the Malcolm Grow (USAF) Medical Center Psychology Residency Program and served on active duty as a psychologist in the United States Air Force from 2002 to 2006. Dr. Ermold graduated from Middlebury College with a degree in psychology and English and received her doctorate in clinical psychology from the University of Vermont. She specializes in health psychology, behavioral health integration into primary care, women's reproductive behavioral health, posttraumatic stress disorder and military psychology.

Speaker Disclosures:

Financial: Jenna Ermold has no relevant financial relationship to disclose

Nonfinancial: Jenna Ermold has no relevant nonfinancial relationship to disclose.

**Kelly Chrestman, Ph.D.**, is a licensed clinical psychologist working as the lead for online consultation services at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this capacity, she is responsible for the development of the CDP's web based consultation services to DoD and military mental health providers.

Dr. Chrestman received her Bachelor of Arts degree from Rhodes College, Memphis, Tennessee and her Master of Arts and Doctor of Psychology degrees from Nova Southeastern University. She completed a clinical psychology internship at the University of Mississippi, Jackson VA Medical Center Consortium and postdoctoral training at the Women's Health Sciences Division of the National Center for PTSD, Boston, Massachusetts. Prior to joining the CDP, she was a research scientist at Behavioral Tech Research, Inc. and a clinical psychologist at the Center for the Treatment and Study of Anxiety at the University of Pennsylvania.

As a clinical and research psychologist, much of Dr. Chrestman's work has focused on trauma, violence and anxiety. She is particularly interested in the dissemination of empirically supported treatments, and using technology to improve the accessibility of treatment and training in community settings. She has trained numerous student and mental health professionals from the United States and other countries in techniques for treating PTSD and other anxiety disorders.

Dr. Chrestman is a co-author of Prolonged Exposure Therapy for Adolescents with PTSD: Emotional Processing of Traumatic Experiences (2008) and has authored several articles on community and professional responses to trauma, particularly domestic violence and sexual assault.

Financial: Kelly Chrestman is employed by Center for Deployment Psychology.

Non-financial: Kelly Chrestman has no relevant non-financial relationships to



disclose.

---

## **Continuing Education**

---

The Center for Deployment Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Deployment Psychology maintains responsibility for this program and its content.

The Center for Deployment Psychology offers attendees 14 credit hours for participation in this training. Participants attending events in person are required to sign-in at the start of the training and sign-out at the conclusion of the training in order to attain CE credit. Participant attendance data will be collected electronically during webinars. Partial credits cannot be issued. Inquiries regarding CE credits may be directed via email to [abowie@deploymentpsych.org](mailto:abowie@deploymentpsych.org).

The CEs provided by the American Psychological Association are acceptable for most licensed professionals when renewing their license and it is our experience that APA CE credits have been recognized by most professional state license boards. However, please check with your board regarding the acceptability of APA CE credits for this activity.